

# POST OPERATIVE INSTRUCTIONS: Major Foot / Ankle Surgery



T O W N S V I L L E

**ORTHOPAEDIC**

Dr. James Price

**CLINIC**

## GENERAL

1. Have a responsible adult with you for first twenty-four hours after surgery.
2. Do not drive a car or operate machinery for first twenty-four hours.
3. Do not drive a car after an arm or leg operation at least until the sutures are removed, and not at all with a plaster.
4. Do not make important decisions in the first twenty-four hours.

## DRESSINGS AND WOUNDS

1. Leave all dressings and /or plaster intact until your post-op visit.
2. Keep wound and dressings dry (cover in plastic bag for shower).

## PAIN RELIEF

1. Initial pain maybe minimal due to the ongoing action of the local anaesthetic or nerve block, but this will wear off after approximately 8 to 24 hours. Therefore pain relief should be taken prior to going to bed on the first night post-operatively.
2. Take analgesia regularly; do not let pain get out of control.
3. You will receive a script for Panadeine Forte or a similar painkiller.
4. Elevation of your foot is the best method of pain relief.

## ACTIVITIES

1. Until the sutures are removed, minimize activity, elevate your leg and apply ice packs regularly.
2. Use crutches and other walking aids as directed by Dr. Price.
3. Do not weight bear if you have a plaster.
4. Avoid heavy activities and avoid undue pressure or tension on the wound.
5. If your foot becomes excessively swollen or painful, reduce your activity and elevate / ice your foot.

## PRECAUTIONS

1. Please call us if any of the following are worrying you
  - a. excessive bleeding or discharge.
  - b. excessive swelling
  - c. excessive pain
  - d. severe fevers or chills
  - e. if your stitches have burst or become excessively sore

### Contact Details:

- a. Normal working hours call Dr. Price's rooms on 4728 8500.
- b. After hours call the Mater Hospital switchboard on 4727 4444 or the Orthopaedic ward at the Mater on 4727 4443.
- c. Call your G.P. if the above fails.

## POST-OP APPOINTMENT

Your post-operative appointment will be on a Tuesday morning approximately ten (10) to fourteen (14) days after your operation.

**Call my Secretary on (07) 4728 8500 to confirm your appointment time prior to this day.**